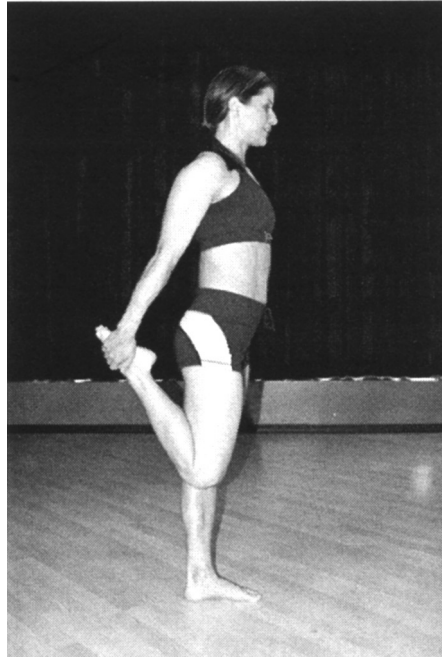


Quad Stretch (Quadriceps)

Stand with feet shoulder width apart and bend knee and grasp ankle with hand as shown. Pull ankle toward buttock as much as possible while keeping directly over foot. A chair or counter can be used to stabilize if necessary. Hold for at least 30 seconds and repeat for other leg.



Prone Back Extension (Low back, Anterior Spinal Ligs., Abdominals)

Lie on floor with hands in push up position. Keeping thighs and hips on the floor push up and extend your spine as much as possible and hold for at least 30 seconds.

